

Required Non-SPEX Courses									
Course	Title	CR	FQ	WQ	SQ	FQ	WQ	SQ	Pre & Co-Requisites/Notes
BIOL 1610	Biology I: Molecular & Cellular Biology	4	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: BIOL 1611
BIOL 1611	Biology Lab I	1	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: BIOL 1610
CHEM 1500	General Chemistry I	4	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: CHEM 1501
CHEM 1501	General Chemistry Lab I	1	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: CHEM 1500
BIOL 2200	Anatomy & Physiology I	5	X	X		X	X		PREQ: BIOL 1610/1611 (with C or better), CHEM 1500/1501 (with C- or better)
BIOL 2210	Anatomy & Physiology II	5		X	X		X	X	PREQ: BIOL 2200 (with C or better)
PHYS 1050	Mechanics	4	X			X			PREQ: MATH 1021/MATH 1022, or equivalent. COREQ: PHYS 1051
PHYS 1051	Mechanics Lab	1	X			X			PREQ: MATH 1021/MATH 1022, or equivalent. COREQ: PHYS 1050

Required SPEX Courses									
Course	Title	CR	18 FQ	19 WQ	19 SQ	19 FQ	20 WQ	20 SQ	Pre & Co-Requisites/Notes
SPEX 1320	Health & Wellness	5		X	X	X		X	
SPEX 1550	Intro to Kinesiology	3	X		X	X	X		
SPEX 2110	Responding to Emergencies	2		X**		X		X	
SPEX 2310	Sport & Exercise Physiology	4	X		X		X	X	PREQ: BIOL 2200, BIOL 2210, CHEM 1500/1501. COREQ: SPEX 2311
SPEX 2311	Sport & Exercise Physiology Lab	1	X		X		X	X	PREQ: BIOL 2200, BIOL 2210, CHEM 1500/1501. COREQ: SPEX 2310
SPEX 2710	Exercise Psychology	5	X		X		X	X	PREQ: SPEX 1320, SPEX 1550*. Major-Only; non-majors contact instructor.
SPEX 3130	Biomechanics	4		X		X		X	PREQ: PHYS 1050/1051. COREQ: SPEX 3131
SPEX 3131	Biomechanics Lab	1		X		X		X	PREQ: PHYS 1050/1051. COREQ: SPEX 3130
SPEX 4950	Internship	VAR*	X	X	X	X	X	X	PREQ: SENIOR STANDING, DEPARTMENTAL PERMISSION.
SPEX 4990	Research Seminar in Sport & Exercise Science	5		X**		X	X		PREQ: SPEX 2310/2311, SPEX 3130/3131
SPEX ELECTIVES - CHOOSE 3 OF THE FOLLOWING									
SPEX 2510	Sport Psychology	5	X			X			
SPEX 3120	Nutrition for Sport & Exercise	5	X			X			PREQ: SPEX 2310*
SPEX 3210	Care & Prevention of Athletic Injuries	5		X					NON-SPEX, CONTACT INSTRUCTOR
SPEX 3220	Resistance & Metabolic Training	4			X			X	PREQ: SPEX 2310/2311, SPEX 3130/3131. COREQ: SPEX 3221
SPEX 3221	Resistance & Metabolic Training Lab	1			X			X	PREQ: SPEX 2310/2311, SPEX 3130/3131. COREQ: SPEX 3220
SPEX 3510	Fitness Assessment and Exercise Prescription	5			X			X	PREQ: SPEX 2310/2311, SPEX 3130/3131
SPEX 4910	Special Topics***	5			X		X		TBD

* Variations can occur - consult with your Academic Advisor for more information.

**2 offerings

***Special Topics offerings rotate - consult department or Academic Advisor for specific information on future offerings

Last updated 4.17.2019. Subject to change, contact department with questions (206-296-2454)

REMINDER: The Kinesiology Department communicates with students via the SPEX listserv and SPEX Canvas page. Make sure to check your email and enable notifications to receive emails of new announcements to the SPEX Canvas page.